



Arriving
his art
Michael Brown
needs is
several media,
Page 8

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Entertainment
targeted
Talk of love
2016
city reception
Page 2

MONDAY, JANUARY 25, 2016

CORONATION COLLEGE, KITCHENER, ONT.

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THIS YEAR — PG 3

Superheroes unite at Tri-Con

BY ALEXANDER BURGESS

Kitchener was in full boom on Jan. 15 and 16 as dozens of superheroes were in town. Although they weren't fighting crime, they were having a great time attending the Kitchener Waterloo Tri-Con.

The convention held at TRI-COMPLEX attracted people dressed as characters from comic books and video games complete with colourful wigs and props.

Comic book book and card fans and parents of all ages were encouraged to come out and enjoy the two-day event.

The K.W. Tri-Con took over all three floors of the building with various panels, short story sessions and events all in attendance.

Young comic and photo booth enthusiasts dressed in their costumes such as Miles Morales and Kahlil Douglas took place as well. The band Cybertron Space performed on Saturday night.

The convention visitors who made their first appearance at the event were happy with the Kitchener Tri-Con.

"That was my first time at Tri-Con and they had a pretty good turnout and a great venue and another Valentine's Day," said Thorney Brown.

Thorney has written two comic books, *Dragon Whisperer*, which was published in 2008 and *After the Dragon Sleeps*, which

was published in two installments. They were released in 2010 and 2011.

Brown was not the only well known writer in town, since Jim French, novelist and humorist, was there as well.

"I grew up in London, Ont. but I live in Guelph now and was happy to get back into the K.W. area," she said.

French has written many novels and short stories. She is most well known for *Deadwood Northwest*, about a virgin mother that only eats potato chips or mac and cheese, which was featured in an *Entertainment* segment. French also is a character on E. talk show in the TV channel Spain.

French has won awards for her writing and has entered writing competitions across Canada.

With cosplay competitions and a costume sale many fans turned up at the K.W. Tri-Con that day.

"It was great. It's always fun putting dressed up and many people did and Denise DuRhe, a cosplay enthusiast who was attending her first Tri-Con dressed as a female version of Kahlil Douglas from *Game of Thrones*.

DeRhe was just one of many fans who role-played cosplaying and posing for the cameras with fans of the television series.



PHOTO BY ALEXANDER BURGESS

Cosplayer Marissa Cipolla dressed up as Robin from Batman at the Kitchener Waterloo Tri-Con. Tri-Con 2016, Jan. 15-16. For more go to www.spokeonline.com



PHOTO BY ALEXANDER BURGESS



Conor McAllister, who is going to dress up as a female Kahlil Douglas from *Game of Thrones* at the K.W. Tri-Con.

PHOTO BY ALEXANDER BURGESS

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What was the first movie
to scare you as a child?



"I was. Back then I used to
be terrified of sharks."

Davy Crockett,
first year
business studies

"Davy Crockett" (not his real name)

Louise Bremner,
first year
business studies



"I think it was *Land of the Lost*. I was too afraid of insects, so I didn't have to watch it, and I watched it anyway."

Anastasia Brusova,
first year
early childhood education

"Unbelievable. The whole
thing. And it was scary
that he wasn't human."

Sam Gifford,
second year
business marketing



"*Gremlins*. I still haven't seen
it since it."

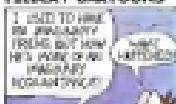
Danielle Morris,
second year
business marketing

"The old *Gremlins* movie.
I mean, I always thought it's a
scary movie."

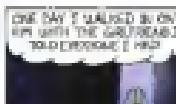
Monica McRae,
first year
business marketing

Please contribute your deepest, darkest thoughts.

FELBERT CARTOONS



By L.A. Scott



By L.A. Scott



It used to live under your
bed when you were a kid.

Most people try to live the
normal life but it always
changes.

I just leave my shower car
locked.

L.A. Scott

We hope you enjoy our new comic strip

This week Spike introduces
a new cartoon.

Felbert. Felbert will be
published every Monday on
that page. The comic strip
begins as a comedy strip
about a dog and a cat who are
not housebroken. He is house-

broken by Spike and
Cleopatra's cat, Cleo.

In the cartoons own
words:

"Felbert. Felbert is very
wise on various topics
you have before your closest
friend's children."

Tobogganing targeted

BY RUTH GARDNER

With such what greater
exciting the ground you may
have the urge to rush to
your toboggan and head for
the hills, but, depending on
where you live, you may find
those hills covered in signs
warning you that tobogganing
has been banned.

The laws of physics and
existing legal proceedings
have led several communities
in Ontario to consider
the snow-covered hills by crack-
ing down on sledding, if not
banning them entirely.

In Hamilton, the city has
banned tobogganing in its
parks since 2001 and
plans to continue doing so on
public property to reflect its
a H1N1 virus. However, the
city was influenced in 2003 by
a man who ensured himself
while sledding in 2001 on a
pitch.

Despite the tobogganing
signs, the man was given
a \$100 and a one-year-suspen-
sion date, ending his sur-
vivors. He ended up fractur-
ing his pelvis and spending
months at home recuperat-
ing. A superior court justice
awarded the man \$200,000.

In a City of Waterloo
ordinance, director Wesley Turner said
the city has no place to ban
tobogganing because it isn't
banned by either.

"We have put up signage
that indicates the risk
involved with tobogganing
at Waterloo Park," Turner said.

In Waterloo, Waterloo
Park is a popular destination
for snow-sledding pleasers.

Marketha Morris, a
Waterloo resident and mother
of two girls thinks that
banning tobogganing is a bad
idea.



PHOTO BY RUTH GARDNER

one of the two children, accompanied by their mother, plays in one of the nearby toboggan runs in Waterloo Park or Waterloo's winter museum of tobogganing.

"Tobogganing is only fun
process when we clean dirt
especially after putting a ban on
kids having fun with such a
popular winter activity," she
added.

"I think the all parents should
be responsible on a lack of
supervision. The responsibility
is on the parents to keep
an eye on their children and
watch for any danger zones
while their kids are enjoying
the outdoors."

"One of my children was
over four, I would never
allow for them injury on
the city. It's my responsibility
to take care of my girls, not
the City of Waterloo."

Morris, a Waterloo
resident and mother of a
young child agrees that
banning tobogganing is a bad
idea.

"I feel that activities like
tobogganing or skating when
on toboggan runs in present
as done at your own risk."
They said.

"If you are injured while
tobogganing then no one is to
blame except for the person
doing the activity on the per-
son who was responsible for

wanting their children to

children have been enjoy-
ing winter activities like
sledding for years like only
recently started in because
a happy winter that people
try to start the time to come
out and ultimately end
up spending things for every
one.

"During the winter there
are so few activities that chil-
dren can do so especially ones
that keep them active and
outdoors watching TV or
playing video games is not
only making it illegal for
the children to do something
that they enjoy and for the
most part, if done suppose-
ly doesn't really an offense
would just be stupid."

As for an expert protecting
children from legal action
or严厉的法律. It's
a serious issue will they work
on what they could say?

"I feel a lawyer expert would
be to point out a rule they do
not follow, saying the rule will
not be held responsible for any
injury or damage received as
a result of the activities per-
formed there. They said."



PHOTO BY BOB DREES

Ryan Laramie, a culinary arts television broadcast student, takes a study break to look for some music to listen to on his tablet computer. "You tube has been around for not long."

YouTube turns 10 next month

By BRIAN KIRKSELL

It has become such an integral part of our daily routine that it's hard to imagine life without it, and next month it turns 10.

YouTube was started in 2005 by three former PayPal employees on San Francisco Gold Mountain as a content-hosted technology startup. The initial idea, as it turns out, was to create a video after Jason Krazit could not easily find clips for his very different review the released *Iron Chef Masters*, Super Bowl performances and the 2004 Indian Ocean tsunami.

The first video was uploaded on April 23, 2005. It was titled "Life At The Bay" and showed Krazit at the San Diego Zoo. That video can still be viewed today.

The initial launch took place in November 2005 and by July 2006 the company stated that more than 60,000 user videos were being uploaded every day, and that the site was receiving 300 million video views a day. Compare that with the four billion video views a day that YouTube reported last year, plus in 2012, and the increase is staggering.

More and more people, following steps along with things and police brutality can all be found on YouTube. It's interesting that it has also become a vital tool for experiencing what's happening around the world. The recent Ferguson Mo riots is a great example of events, parades, where anyone with a smartphone can capture video of what is taking place at any given moment, and then share it instantly.

Chris Laramie, a second-year public relations student from YouTube on a study break.

"I typically use YouTube for music, music from that era past the standard of shooting out the week's viral videos."

Marion used

YouTube to make a website for her 200 pound boy and girl and they spend her down time like many of us exploring the media of YouTube.

"I usually waste countless hours watching a variety of videos from music to Top 10 factoids to dumb people falling down. It's an easy escape from reality to explore further and further into the strange people and talents you'll find on YouTube." Chastekka said.

Besides being entertaining, YouTube has also become an essential promotional tool for schools of all walks of life. Schools can post live performances or demonstrate career values to get their students to the masses without having part of a record label. Businesses can post short videos they have created, which can then be used by producers looking for video direction.

On a deeper level, YouTube has brought the struggles of the world to our screens. Voices of terrible situations and experiences have been caught, and there's nothing for anyone to do but sit and watch as well as showing what some parts of the world are going through. Movements, conflicts and opposition are being seen and shared with the rest of us.

Marion also uses it as a fun channel to show what varying parts of the world go through.

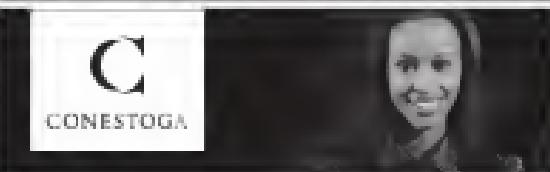
"It could have been largely responsible for the Arab Spring revolutions that took place a few years ago. People in oppressed states finally had a free space free from all the rest of us live our lives," Marion said.

Whether the use of YouTube is for entertainment or to highlight aspects of human nature, it has become an all-time classic by giving us an easy something through a still honest act of eyes.



PHOTO BY ALICE BEEBE

The fourth annual Iron Chef Masters Region competition, which will be held Feb. 16, provides a real-life experience for young chefs. Here, competing first-year culinary arts students Matthew Blymer (left) and Jacob Pacholski (right) prepare their dishes.



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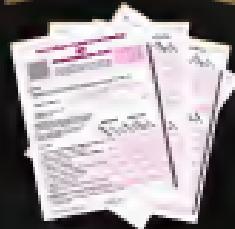
Your Student Experience is important to us!

This survey is mandated by the Ontario Ministry of Training, Colleges and Universities and is part of Conestoga's accountability to the government. All students who have completed at least one semester at Conestoga will be asked to complete the survey in-class during the survey week. Every student at every college in Ontario will also be participating in this survey.

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we can improve.

Monday Feb 2nd
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- BEST TEAM UNIFORMS
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\$50 PER TEAM

Local airbrush artist becoming popular

By Dale Johnson

From a young age he was always able to draw. Growing up in Elkhorn his family never had much to do but spend afternoons to pass the time. But who knew he would come so far. Michael Brown, a 30-year-old Elkhorn resident, has taken his artistic skills of pencil sketching and turned it into an art form.

The radio-controlled airplane hobby was the model of building a career, when he decided he wanted to show his own art, his love.

"I wanted to put my own stamp into the plane, some punch girls on the front. I mean art."

After learning how to air brush, he decided to go online and watch YouTube tutorials on how to do it. It involved hobby and passion was born.

"I never took any art class or classes and,"

Now, his self-taught art has done everything from airbrushing color derby helmets to portraits of people.

"When I started doing pencil art, it was lame. But just like how you grow and when you was something I never did. I did."

Not completely sure how his airbrush technique can lead

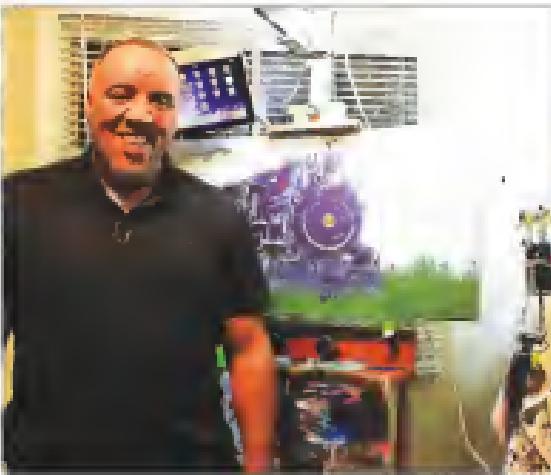


PHOTO BY DALE JOHNSON FOR JOURNAL-SENTINEL

Kirkwood resident Michael Brown started out as an airbrush artist but later moved to pencil art, landscapes and scenery to his artwork. For a class, he is now working on portraits.

Michael Brown's first airbrush portrait was with Cindy. "I went to High and I looked up Cindy and I found a Michael Jackson she used

up online and I found a Michael Jackson she used

up online and I found a Michael Jackson she used

background of one of painting — which he had never done before. The artist had to learn quickly but managed to catch on. Now Brown, who creates all his work from home, has begun to sell his art.

From custom pieces that are requested to landscapes or portraits, he says it all. Recently his work was displayed and put up the side in the Elkhorn Home Facebook.

Brown takes all his own photos and uses them as reference for his work.

"I have a camera and I taught myself how to use it because I didn't paint portraits with the thought that I am going to sell them to someone else. I take pictures and paint them because I like the way it looks and I am looking forward to it. I am inspired and gets me excited. Sometimes when you're doing commission paintings you're not excited. You just get paid to do it but it's just not challenging."

Brown's work sells for \$600 and up, depending on each thing to cover and the project itself. They are a eight hours.

Take a look by going to Brown's art Facebook page at www.facebook.com/justapaintitout. Michael Brown started 219-818-4229.



Brown's work is popular in the community with the interesting but not so weird air painting he is a expert in.



Above is Brown's first airbrush (dark helmet) that he airbrushed. Below is his self portrait.



Barber gives advice

BY LISA MCKEEON

Hair and boards are an unusual combination that wouldn't typically mesh well together. However, they were a winning combination at least for one night.

On Jan. 14, THOMASHEKUM hosted the Hair & Boards event at the Kitchener Auditorium. Approximately 150 people who were predominantly male enjoyed some alcohol beverages while listening to various educators' presentations about personal boards and hair.

Carson McDowell, owner of Tommy G's Grooming Membership in Kitchener, kept the audience engaged while giving out the usual services. McDowell had hair care and skin care products on display tables and passed them around. He also demonstrated how to properly use a straight razor.

According to McDowell, it's necessary to give men advice on protecting their boards and hair. "It's really gratifying because a lot of men don't know where to turn or where to start. We'd like to be able to give them some advice."



PHOTO BY LISA MCKEEON

Kevin West, from left to right, comedian and host Carson McDowell and Dennis van Dorn pose in front of a backdrop at a Hair & Boards event at THOMSHEKUM on Jan. 14.

times that are easy and great to do.

The fact that hair was served at the session was well-liked, according to the people in attendence. The crowd was predominantly interested while McDowell spoke, and he got questions answered by taking them questions about their grooming routines.

Event organizer Dennis

Good discussed place to the next Hair & Boards event. "We're looking to start it up in the fall again. So we'll take some time and come up with some other areas and continue the series," he said.

The next Hair & Boards event is on Feb. 11, titled Hair & Boards & Grooming event and it takes the live park series on March 18.

BOOMSKOT LAYS DOWN SOME TRACKS



PHOTO BY RANDI KEEF

Conestoga College confirmed it is teaming up with a local-themed party in the Kitchener on Jan. 12. Ryan Frischknecht, the ever-looking director of the Kitchener event, did the party planning with DJ Scott Brown, aka DJ Boofie. So it's now time to line up the acts for a night of the event.

QUINNADAO AND CONESTOGA COMBINE FOR BUSINESS VENTURE



PHOTO BY LISA MCKEEON

Quinnadao Electronics School in China and Conestoga College have joined together to create a new propane auto business. Advanced auto supply offers clean and up-to-date vehicles. It's located at 100 Cheltenham Avenue in Waterloo. Not many auto dealers offer propane vehicles.



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Timely tips help you survive the Super Bowl

The Super Bowl is only six days away and will feature the dynamic New England Patriots versus the defending champion Seattle Seahawks in a clash for football supremacy. Located here in Canada on the Super Bowl, we have big role to play in our sports culture. It's a pretty high up there, likely only to be beaten by a Stanley Cup coming to Canada. Olympic hockey paid off as the Jays on Rogers winning a championship.

While the Super Bowl is predominantly being enjoyed by fans of American culture, it's a privilege to be invited that part because it's a major event. It's automatically fun. In fact, many football fans will acknowledge that random place from Niagara to the playing the game itself, one can find within the game a little fun in many other places. All too often, the game between the two is a few tenths, minutes or a little on the day with the home or some type to make Super Bowl Sunday a great time.

If you're going to a party, as at least patronage of someone's house to watch the game or a group does make the crucial minute to enjoy it by getting all decked up with comfortable clothes! As a courtesy place at the Food Network's eating competition, will tell you you can always make a lot of use of a lot of shoes and a lot of hair. If that doesn't make your feet too hot just think about the shoes you are in the day to come.

It's also important to keep some things in perspective. One of the things is to keep our football fans say about the Super Bowl is that they enjoy the commercials. That



**Karen
Polley
Opinions**

is an extremely distressing and impressive. The average net of an ad during the broadcast, but our was \$4.5 million Cdn. Consider why businesses are willing to fork out that much money for a 30-second advertisement during the broadcast and what that says about our advertising again in a society.

But that's not all on the game. Well, let's get on the game if you want to but also let's not miss anything. The first three pretty well know my name the radio host does not. So, the last of times an audience says the word "teach" or "teach" who will produce the funniest or most provocative commercial or when the most part of the audience does well. This will make the game a part of a more memorable.

That's recording done! The outcome is having an any one of situations. Between towels are controlled replacing skipping the half time show of all of them. They put the experience more into your hands than ever before and can improve your experience.

Plug away then the Internet. This final piece of advice is relevant in today's world where people find themselves in taking a causal needs and meeting them with extraordinary experiences.

If you need another reason to avoid the Internet where you can enjoy the company of friends and family than place at the wrong place.

DIRECT SELLING A GROWING INDUSTRY



Karen Polley
left her full-time job to sell skincare products. Her story can be at www.rockstarwoman.com

25

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sasc

SV

not
alone!

PHOTO BY JEFFREY BROWN FOR THE STAR

Heidi Hetherington volunteers as a cancer survivor for the Breast Cancer Support Centre of Waterloo Region.

Photo at her booth at the Get Involved Fair on Jan. 15.

Students urged to get involved

BY JENN KERSEY

Students at Cambridge College get the chance to use many different volunteer opportunities at the school's annual Get Involved Fair.

The event was hosted by Student Life and was held to showcase diverse and off-campus volunteer opportunities to students. It was held over two days and featured exhibits from student clubs and Student Services as well as community organizations. The main goal was to bring these opportunities directly to the students especially when they are looking for ways to enhance their academic and extra-curricular life.

Students have shown that students who get involved at their college experience are more involved at college and have a better leadership life programme. Volunteering allows you to add to your professional portfolio network

connect with diverse populations, develop your skills and self-confidence, apply your learning and give back to the community.

The Get Involved Fair has taken place twice now, the beginning of the fall and very recently at Christmas time 2003.

On Jan. 14 the fair consisted of booths from campus clubs and service organizations including Student Life, York University Campus Safety and Security, Marketing Services, Services for Students, Cambridge College Students' Soc and Cambridge Arts. Staff at the marketing booth noticed high school students who were interested in coming to Cambridge after they graduated and gave them a tour of the school.

"The thing I look forward to the most is interacting with the students who are willing to share their stories with

us and the Crucial event and their coordinator in the marketing department.

The following day was for local community partners to showcase their volunteer opportunities. Those who attended included the General Account Payment Centre of Waterloo Region, Cambridge Memorial Hospital, the Canadian Cancer Society, the Canadian Mental Health Association and the Big Brothers Big Sisters of Waterloo.

The Get Involved Fair is always a great way for people to reach out to one another.

"It's very important to reach out to youth in the community and Jason Hartung a volunteer success worker at Cambridge Memorial Hospital. The youth work is volunteer for a number of reasons, but most importantly they start to learn more about potential career opportunities.

LEARNING COMMONS



APA INFO

Drop in to
the Learning Commons
with your questions.

2A103 Dean

| | |
|------------|--------------|
| Tuesdays | 12:00 — 2:00 |
| Wednesdays | 11:00 — 1:00 |
| Thursdays | 12:00 — 2:00 |





HOROSCOPE

Week of August 13, 2012



Aries

March 21 - April 19

Aries, you are known to be impulsive. Don't worry about the small things. There's more important things to focus your energy toward.



Taurus

April 20 - May 20

Remember any service from the past in order to move on. Take your time and be patient. This week is quite hectic.



Gemini

May 21 - June 21

Gemini, you are known to be adaptable. Big changes are tested your way. Learn to adapt and accept things that can't be changed.



Cancer

June 22 - July 22

Cancer, you are known to be well-adjusted. You are considerate and attentive from those around you. This week is independent.



Leo

July 23 - August 22

Those around you need encouragement for the stressful times ahead. Be supportive and good friends may come to you.



Virgo

August 23 - September 22

Longing desired may be more beneficial for you this week. But watch your step. This week is adventurous.



Pisces

February 19 - March 20

Pisces, you are known to be accepting. Accept those around you for who they truly are. This may bring out the best in you.



The Stars have spoken



Aquarius

January 20 - February 18

Aquarius, you are known to be outdoors. This may lead to bad feelings in your future. Learn to let go.



Sagittarius

November 22 - December 21

It's a new year which brings new opportunities. Expand your horizon. Don't be afraid to leave your comfort zone.



Capricorn

December 22 - January 21

Capricorn, it's better to keep things close to the vest. This week don't reveal too much about yourself.

ON CALL

SORRY I'M LATE



Call him a lame to pack with the bus.

Useless Facts

A duck's squeak doesn't make one know it's

Chairs and names are Serbian. The charged it because no one could pronounce it.

The international telephone calling code for Antarctica is 872.

Obie means to chide like a mother.

Mr. Beans pronounced his name "Beano."

Sudoku Puzzle

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | 9 | |
| 9 | 7 | | 2 | 4 | | 6 | 5 | |
| 2 | | 5 | 7 | 1 | | 4 | | |
| | 8 | | 5 | | | 3 | 6 | |
| | 5 | | 4 | 3 | 6 | | | 2 |
| 3 | 2 | | | | | 5 | | |
| 6 | | | | 9 | 4 | | | |
| 4 | 3 | | 8 | | | 7 | 9 | |
| 5 | | | | 1 | 4 | | 8 | |

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Super Bowl

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|------|-------------|
| L | U | H | V | Z | S | R | E | Y | A | L | P | Q | P | J | D | SUPER |
| M | W | C | M | Y | Z | Y | Z | H | V | T | Z | I | Q | U | L | BOWL |
| U | A | X | C | I | K | Y | V | H | I | G | E | O | L | C | A | NATIONAL |
| E | Q | U | A | R | T | E | R | B | A | C | K | L | F | Q | I | FOOTBALL |
| S | N | H | D | O | N | H | A | L | F | T | I | M | E | H | N | TEAM |
| F | E | U | G | A | E | L | H | P | O | U | N | X | Z | M | I | PLAYERS |
| B | D | S | N | A | F | S | R | E | N | R | O | P | R | E | P | TV |
| E | Y | E | U | B | R | Y | O | S | S | Y | H | P | O | R | T | COMMERCIALS |
| H | A | T | I | N | O | L | A | X | T | V | V | S | O | E | E | HALFTIME |
| M | H | D | E | E | N | A | G | U | L | I | J | L | O | I | D | PERFORMERS |
| P | D | O | A | A | I | Z | B | M | V | C | F | A | T | A | E | PRE GAME |
| I | X | I | J | C | N | O | G | B | K | Y | S | D | L | F | FANS | |
| X | R | V | I | E | W | R | S | P | E | L | U | Q | S | G | E | TICKETS |
| O | O | F | F | L | W | F | F | Y | U | T | X | P | V | M | U | KICK |
| S | F | O | P | R | E | G | A | M | E | S | K | E | Q | U | K | OFF |
| G | W | F | F | O | G | T | B | L | C | R | S | Y | T | G | G | QUARTERBACK |

HALFTIME
PERFORMERS
TICKETS
KICK
OFF
QUARTERBACK
TROPHY
MVP
OFFICIALS
VIEWERS



Train your brain to remember more
of what you want...and make it

Facilitated by Learning Skills

When:

Wednesday, February 4, 2015

5:00-6:30 pm

Where:

Welcome Centre Presentation

Room

Student Client Services Building
(SCSB)

Register:



LIFELONG LEARNING



Get started on those important tasks
on your list and more importantly,
finish them... on time!

Facilitated by Learning Skills

When:

Tuesday, January 27, 2015

5:00-6:30 pm

Where:

Welcome Centre Presentation

Room

Student Client Services Building
(SCSB)

Register:



TIME MANAGEMENT

Did you know that CSI hosts in-house

Chiropractic & Registered Massage Therapy

Book an appointment today!

CONESTOGA STUDENTS INC

CSI Health Plan Office

Room 24100 (Door)

519-748-5131 x3585

csihlthplan@conestogac.on.ca

Chiropractor

Monday: 10:00am-3:00pm

Tuesday: 2:30pm-4:30pm

Thursday: 2:30pm-4:30pm

Prices:

Initial Visit: \$50 (\$12 with CSI Health Plan)

Follow-ups: \$25 (\$7 with CSI Health Plan)

Registered Massage Therapy

Monday: 9:00am-4:00pm

Tuesday: 9:00pm-4:00pm

Wednesday: 9:00am-4:00pm

Thursday: 9:00am-4:00pm

Prices:

30min: \$25 (\$11 with CSI Health Plan)

45min: \$35 (\$17 with CSI Health Plan)

60min: \$45 (\$21 with CSI Health Plan)

New January-Start Student?
Already have health plan coverage?

OPT-OUT

of the CSI Student Health Plan

OPT-OUT DEADLINE:

FRIDAY JANUARY 30, BY 2:00PM

Or opt back in if you have lost your alternate coverage

CONESTOGA STUDENTS INC

mystudentplan.ca

Select the opt-out/enroll menu, then the waiver page

Scan the QR code to go directly to the page

